

NEWS BRIEFS

Public affairs tour

A public affairs cultural tour is scheduled for Wednesday at the Jeonju Traditional Culture Center. Wolf Pack members can learn to play Korean instruments, make a traditional meal and watch a classical art performance.
To sign up, contact Mrs. Rosemary Song at 782-5194 or via e-mail at songae.song@kunsan.af.mil.

Motivational speaker

The Kunsan Chapel hosts motivational speaker Dave Roever at 4 p.m. Dec. 1 at the base theater. All are invited to attend.

BET All Stars comedy show

The Black Entertainment Channel All Stars comedy team will perform at 9 p.m. tonight at the Loring Club. The event is free.

Fitness instructors wanted

The fitness center is looking for certified aerobics and spin instructors. If you are interested in teaching any of these courses, contact Staff Sgt. Don Slayton at 782-6453 or e-mail him at don.slayton@kunsan.af.mil.

Post office hours change

The Kunsan Post Office will now close every Thursday beginning this week in preparation for the unit compliance inspection. The post office will continue to deliver Monday through Saturday.



Post office hours change

Monday — Wednesday, Friday
Main lobby — 10 a.m. - 5 p.m.
Registry room — 10 a.m. - 4 p.m.
PSC window — 10 a.m. - 6 p.m.
Mail center — 9 a.m. - 3 p.m.

Thursday
Closed










Saturday
Main lobby — 10 a.m. - 2 p.m.
PSC window — 10 a.m. - 2 p.m.



Photo by Airman 1st Class Stephen Collier

FOR THE TROOPS

Ms. Kim, Jin Hee, of the music group Asiana Duo performs *Imagine* by John Lennon for servicemembers during Tuesday night's Thanksgiving Day and New Year's event hosted by the Korean-American Friendship Association. For more on the KAFA tribute to servicemembers, see Page 3.

<i>In this week's issue ...</i>				<h1>Wolf Weather</h1> <h2>6-day Forecast</h2>		
	<p>Know the signs of burnout ...</p> <p>See Page 2</p>	<p>Wolf Pack Airmen experience Korea</p> <p>See Page 4</p>	<p>The intramural football title belongs to ...</p> <p>See Page 6</p>	<p>Saturday</p> <div><p>Hi/Low 59/40</p><p>Sunny</p></div>	<p>Sunday</p> <div><p>Hi/Low 58/36</p><p>Sunny</p></div>	<p>Monday</p> <div><p>Hi/Low 53/34</p><p>Scattered showers</p></div>
				<p>Tuesday</p> <div><p>Hi/Low 50/29</p><p>Scattered showers</p></div>	<p>Wednesday</p> <div><p>Hi/Low 43/25</p><p>Scattered showers</p></div>	<p>Thursday</p> <div><p>Hi/Low 44/25</p><p>Partly cloudy</p></div>

Battling burnout: a leadership mission

By Chief Warrant Officer 2(P) Eric Strach
Charlie battery 2-1 Air Defense Artillery

The military is a young person’s game. High levels of stress and physical wear and tear combined with mental exhaustion break down our bodies much more intensely than those of the average citizen. As we progress through the military ranks, the work usually shifts from being directly hands-on to more of a supervisory role. While much less physically demanding, the mental toll is usually worse.

Combine this with the fact the majority of military personnel who make it through the ranks are self-starters, self-motivators and have a tireless work ethic. In fact, many military members in leadership positions pick up an addiction. Unlike most addictions, this one is not only acceptable but also almost mandatory: workaholism. While a commendable attitude at work, it may eventually lead to a personal and professional “meltdown” in the form of burnout.

Burnout can sneak up slowly. After all, most professionals spend the majority of their time on the mission, and taking care of number one slips down the priority list. One day, seemingly out of nowhere, nothing brings joy, pleasure or that feeling of contentment after a hard day at work. Jumping up in the morning ready to tackle the day and obtaining a full night’s sleep become a rare occurrence. Many would liken these with depression symptoms, but those brave enough to try

counseling for depression find it does little good. It takes more than counseling to overcome burnout; it takes a change in lifestyle.

So, how is it possible to avoid this military malady? The secret is not to overdo job responsibility but to balance it. While this may seem like an easy answer, it is not that easy to accomplish. It takes a concentrated effort. More importantly, leaders must ensure they are not causing burnout in their subordinates and continually look for signs of it as well.

Keep track of how long subordinates are in certain jobs, and rotate them out of potentially exhausting positions. This usually takes care of itself due to personnel rotations, but shuffling around some of the more

stressful additional duties and tasks occasionally should be part of the standard operating procedure.

Limit time constraints. Do not allow your people to work 18 hours a day, even on critical problems. Especially do not let the same people be the rescuers of troubled situations repeatedly. Leaders tend to rely on their best people, but those best people are more vulnerable to becoming burnout people. This is a very difficult piece of advice to follow. Every organization has one or two people that take care of the more serious problems while others usually take a back seat role.

Make an effort to spread the high priority situations around. Pin the “wallflowers” down once in a while, and give them the “hot potato.” Failure may result, but every member of the military should be able to handle problems in their specific job field. To become future leaders, subordinates must be given the chance to succeed and to fail and be allowed to learn and grow from that failure. The fear of failure is one of the primary reasons leaders rely on the same subordinates to always extinguish the hottest fires. Only leaders can spread the wealth among their own people. Do it.

Make sure the organization has a systematic way of letting people know their contributions are important. People need support for their positive self-images, to ease their conscience and to refuel them psychologically. This is more than awards or decorations. Subordinates need to hear if they have been doing well. Leaders should set aside a few

minutes every day and verbally reward those who are doing a good job and encourage those who are not doing so well. This shows the leader is noticing and appreciating the subordinates’ hard work.

Provide avenues through which people can express not only their anger but also their disappointment, futility, defeat and depression. This is simply allowing subordinates to voice their gripes and complaints.

Some of them may seem petty, especially to a seasoned military leader, but it’s better to let them voice their problems than it is for them to hold them in and stew. Sometimes a simple venting makes

Quick tips

- **Limit time constraints.** Do not allow your people to work 18 hours a day, even on critical problems.
- **Spread high priority situations around.** Pin the “wallflowers” down once in a while, and give them the “hot potato.”
- **Have a systematic way of recognizing contribution.** People need support for their positive self-images, to ease their conscience and to refuel them psychologically.
- **Provide avenues for people to express issues.** This is simply allowing subordinates to voice their gripes and complaints.
- **Support those who burn-out.** Leaders who identify a burned-out subordinate should insist they withdraw, get appropriate help and place themselves first.

everything better. Sure, nothing may have changed, but at least the situation is out in the open. Along with the walk-about all leaders should perform to encourage their subordinates, it is an excellent time to find out what is bothering them too.

Remember that those who are burning out need support from others. Leaders who identify a burned-out subordinate should insist they withdraw, get appropriate help and place themselves first. This way, the subordinate can eventually find their second wind and come back swinging. Do not gloss over or ignore the signs of burnout. If this happens, the afflicted will not only produce little for the organization but also may endanger those around them.

Though not always possible, these tips can keep the burnout monster at bay.

If leaders make a conscious effort to follow this advice, it is possible subordinates will remain focused and healthy and upon gaining leadership positions of their own, continue the trend. The military is a young person’s game, but a mentally and physically healthy military member can serve their country in uniform well into middle age. This is experience that cannot be weighed or judged, but is necessary to our future.

Do not let burnout take the best and brightest out of the equation.

ACTION LINE
782-2004

action.line@kunsan.af.mil



Col. Brian Bishop
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number and a brief description of your problem or concern. You can also send an e-mail to 8 FW/CC Action Line.

AAFES Customer Service.....	782-4426
Area Defense Council.....	782-4848
Base Exchange.....	782-4520
Chapel.....	782-4300
CES Customer Service.....	782-5318
Commissary manager	782-4144
Civ. Personnel Office.....	782-4570
Education Office.....	782-5148
Dining Hall.....	782-5160
Fitness Center.....	782-4026
Golf Course.....	782-5435
Housing Office.....	782-4088
Inspector General.....	782-4850
IDEA Office.....	782-4020
Law Enforcement Desk	782-4944
Legal Assistance	782-4283
Military Equal Opportunity	782-4055
Military Pay	782-5574
Military Personnel Flight	782-5276
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9 A.M., AND 3 TO
6 P.M.
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LISTEN

To your leadership
EACH FRIDAY
FROM 8 TO 9 A.M.,
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Have an interesting
story, special hobby
or unique job? Tell
the Wolf Pack
Warrior all about it.
Submit story
ideas to
WolfPack@kunsan.af.mil
or call public affairs
at 782-4705

Vol. 20, No. 41
November 25, 2005



'Defend the Base, Accept Follow-on Forces, Take the Fight North'

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This special edition of the Wolf Pack Warrior is a funded Air Force newspaper and an authorized publication for members of the U.S. military services overseas. Contents of the Wolf Pack Warrior are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force. The editorial content is edited, prepared and provided by the 8th Fighter Wing Public Affairs Office of Kunsan Air Base, Republic of Korea. All photographs are Air Force photographs unless otherwise indicated.
SUBMISSION POLICY: Deadline for submissions to the Wolf Pack Warrior is noon Thursdays for the next week's edition. Submission does not guarantee publication. The staff reserves the right to edit all submissions to conform to Air Force journalism standards, local style and available publication space. Submissions should be e-mailed to WolfPack@kunsan.af.mil and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.
HOW TO REACH US: People with questions, comments, suggestions or submissions can contact the public affairs office at: 8th FW/PA, PSC 2, Box 2090, APO AP 96264-2090. We can also be reached by phone at 782-4705, by e-mail at 8FW/PA, WolfPack@kunsan.af.mil, or by fax at 782-7568.

Wolf Pack members share thanks with USFK chief of staff

By Airman 1st Class
Stephen Collier
8th Fighter Wing public affairs

Seventeen Airmen from Kunsan traveled to Seoul Tuesday to celebrate an early Thanksgiving dinner, hosted by the Korean-American Friendship Association.

In attendance to help give thanks to the KAFA was Lt. Gen. Charles Campbell, chief of staff of U. S. Forces Korea.

The Airmen, selected from units throughout the Wolf Pack, attended the annual dinner alongside more than 300 other servicemembers from every service. Gen. Campbell expressed his gratitude for each servicemember's sacrifice.

"It can be tough being stationed overseas, but you are the reason why we can preserve peace on the peninsula," he said. "The hard work and dedication you present everyday is

"I think it is important for USFK leadership to host these events so that junior ranking members learn about their sister services, foster friendship, camaraderie and esprit de corps and how their jobs and accomplishments impact the Korean peninsula mission."

— Staff Sgt. Douglas Merano
8th Aircraft Maintenance Squadron

why democracy flourishes everyday."

Gen. Campbell added that servicemembers should be forever grateful for the peace South Korea has enjoyed for over 50 years.

"This is a special night for all of you ... consider this night just for you," the USFK chief of staff reiterated.

ated. "Commanders and first sergeants have picked each of you specifically. Take pride in that. They are recognizing you for everything you do every day."

Soon after, dinner was offered that included sliced turkey, stuffing and homemade bread as well as traditional Korean dishes.

"I think it is important for USFK leadership to host these events so that

junior ranking members learn about their sister services, foster friendship, camaraderie and esprit de corps and how their jobs and accomplishments impact the Korean peninsula mission," said Staff Sgt. Douglas Merano, 8th Aircraft Maintenance Squadron. "We are one big joint defense family and need to help out each other during the holidays by inviting friends over to celebrate the meaning of giving thanks with others by opening up our homes to them."

Members were also entertained throughout the night by Korean music group Asiana Duo with hits like "Hotel California" by the Eagles and "I Will Survive" by Diana Ross.

Gen. Campbell pointed out all Americans can give thanks to organizations like KAFA.

"We can give thanks to organizations like KAFA for putting on events for American servicemembers," he said. "Our presence not only protects Korean democracy but maintains stability on the Korean peninsula."



Photos by Senior Airman Stephen Collier

Mr. Bae, Jung Hwang, guitarist for the musical group Asiana Duo, performs a guitar solo from the Eagles *Hotel California* for servicemembers during Tuesday night's Thanksgiving Day and New Year's event hosted by the Korean-American Friendship Association.



Tech. Sgt. Rosa Jenkins, 8th Services Squadron, redeems her door prize Tuesday night at the Korean-American Friendship Association Thanksgiving and New Year's party. Sgt. Jenkins was one with 17 Kunsan Airmen that attended the annual event.

Service delivery assessment checks into Wolf Pack community

By Capt. Justin Theiss
8th Medical Group

In January 2003, the 8th Medical Group implemented a new process for obtaining timely feedback from our patients regarding their visits.

Many of you may have been contacted by an authorized individual to obtain feedback on the quality of the service you received related to your appointment at the medical group.

This program, known as the service delivery assessment, or SDA, has been a major success throughout the Air Force Medical Service, and your responses have led to many changes within the 8th Medical Group.

For example, we created a nurse advice line from 5 p.m. to 8 a.m. Monday through Friday

and until 9 a.m. Wednesdays.

The line is also available all day Saturday, Sunday and on holidays.

It is a service provided by the registered nurses in the 8th MDG to offer base people an opportunity to access medical advice after hours.

We look forward to making additional improvements as necessary to ensure you receive the highest quality of care and your encounter is as pleasant as possible.

For those of you unfamiliar with SDA, we'd like to take this opportunity to make you aware of the program.

First of all, this is an approved Air Force survey through the Air Force Personnel Center headquarters and the process is simple.

Selected patients are contacted within a day or

two after their scheduled visit between the hours of 5 and 8 p.m. Monday through Friday (except holidays) and asked six to seven simple questions.

The caller does not have access to any personal medical information nor will patients be requested to provide that information.

Your participation and feedback is encouraged to ensure your needs and expectations are met.

Due to the high turnover rate here at Kunsan, it is essential you update your telephone number and contact information in the Defense Enrollment Eligibility Reporting System at <https://www.dmdc.osd.mil/appj/address/selectAuthenticate.jsp>.

Those with questions concerning this program, contact Capt. Justin Theiss at 782-5740 or via email at Justin.Theiss@kunsan.af.mil.

Technology brings dad into delivery room

By Staff Sgt. Erien Clark-Chasse
Wolf Pack public affairs

Every day, babies are born with mom and dad happily looking into their newborn’s faces and marveling at the miracle of life. What’s unique about a recent Wolf Pack birth is that dad was thousands of miles away from home but was still able to “be there” – through the Internet.

First Sergeant Master Sgt. Jeffery Lizak, 8th



Ms. Emily Lizak and big sister, Hayley Nicole Lizak, hold Brooke Morgan Lizak the day she was born.

Operations Group, and his wife, Ms. Emily Lizak, celebrated the birth of their second daughter, Brooke Morgan Lizak, Wednesday at 12:44 p.m. local time. With a little help from technology, the parents were all accounted for in the delivery room.

“Emily contacted the hospital, and after explaining the situation, they let her bring in our laptop and web cam into the delivery room and even let her run a test about a week prior to the birth,” said Sgt. Lizak.

The decision for Sgt. Lizak to stay in Korea for the birth was made ahead of time.

“Since my husband couldn’t be here for the birth of our second child, this was the next best thing, I know about the Air Force Core Values and he follow’s them to the ‘T,’” said Ms. Lizak.

“The decision not to be there for the birth was a decision my wife and I discussed at great length. We decided that it would be better for our family and for me to be home during Christmas rather than come home for the birth and leave just before the holidays,” said Sgt. Lizak.

According to the new dad, when the time came, this decision was not as easy to live with as originally thought.

“At the moment, I felt like I would have rather been there for the birth, but my wife and I decided it would be best if I was home later,” he said.

The moment he set eyes on his daughter for the first time though is one he will never forget.

“I actually had two tears in my eyes; I was in awe -- she was perfect, just like my wife,” he said.



Photos by Ms. Melissa Bash

Ms. Emily Lizak and Brooke Morgan Lizak pose for the camera while dad looks on through the Internet.

Besides, now dad gets to be home for Brooke’s first Christmas and be with two-year old, Hayley Nicole Lizak, the couple’s oldest daughter.

The Lizak’s would recommend this to anyone else in their situation, and when asked how the delivery and use of technology went, the proud father said just one word, “flawless.”

Stork score card

Full name: Brooke Morgan Lizak
Weight: 7 pounds, 5 ounces
Length: 21 inches
When was the baby born: Nov. 16
Where was the baby born: Pittsburgh, but the new dad joked that she really wanted to be born in Michigan — home of the world champions, The Detroit Red Wings.

Six Airmen receive Articles 15

By Staff Sgt. Travis Gale
8th Fighter Wing Legal Office

❑ A captain from the 8th Security Forces Squadron received Article 15 punishment for fraternization and conduct unbecoming an officer and a gentleman, violations of Articles 133 and 134, UCMJ. His commander imposed the following punishment: forfeiture of \$1,500 for two months and a reprimand.

❑ An airman from the 8th Security Forces Squadron received Article 15 punishment for negligently discharging a firearm, violation of Article 134, UCMJ. His commander imposed the following punishment: reduction to airman basic, 45 days extra duty and a reprimand.

❑ A staff sergeant from the 8th Aircraft Maintenance Squadron received Article 15 punishment for disrespect to a superior commissioned officer, provoking gestures, drunk and disorderly conduct communicating a threat and attempt to damage government property, violations of Article 89, 117, 134 and 80, UCMJ. His commander imposed the following punishment: reduction to the rank of senior airman, suspended forfeiture of \$400 and restriction to Kunsan Air Base, to include restriction from any on-base establishments that serve or sell alcoholic beverages, for 60 days.

❑ A technical sergeant from the 8th Maintenance Squadron received Article 15 punishment for failure to obey a lawful order, violation of Article 92, UCMJ. His commander imposed the following punishment: suspended reduction to the rank of staff sergeant, forfeiture of \$1,225 for two months, and a reprimand.

❑ A staff sergeant from the 8th Operation Support Squadron received Article 15 punishment for assault and battery and provoking speech, violations of Articles 128 and 117, UCMJ. Her commander imposed the following punishment: suspended reduction to senior airman and a reprimand.



❑ A staff sergeant from the 80th Fighter Squadron received Article 15 punishment for assault, violation of Article 128, UCMJ. His commander imposed the following punishment: suspended reduction to senior airman and a reprimand.

Cultural Corner

Did you know?

The Guksae is the national seal of Korea, and the great seal is used on important national documents. Consequently, the stamping of the Guksae is the final step of a national undertaking. It thus makes history, so to speak. The national great seal symbolizes national authority, power, and culture.



The government adopted the new national great seal on February 1, 1999, to mark the 50th anniversary of the founding of the Republic of Korea and to reflect the cultural heritage.

The handle of the new national great seal is a modernistic sculpture of a pair of phoenix about to take flight with a rose of Sharon, the national flower, in its beak. It symbolizes the wish for Korea to become a central nation in the world in the 2000s, with national fortunes rising like the flight of the phoenix.

The Korean letters for the Republic of Korea are carved in Hangeul in honor of King

Sejong the Great, who had his scholars develop Hangeul.

Size and shape

❑ It is made of 18k gold and weighs 2.15 kilograms.
❑ It is 10.1 centimeters square and 10 centimeters tall.
❑ The handle is in the shape of a pair of phoenix about to take flight with a rose of Sharon in its beak.

❑ Lettering is in Hangeul.
❑ The face of the seal is patterned after the seal used by King Sejong the Great (r.1418-1450) of the Joseon Kingdom.

Though the inviolable authority and sacredness of the national great seal have faded since the days when Korea was under monarchs who needed the royal seal to rule, its symbolic importance remains. The government still stamps the Guksae on such documents as the Constitution, certificates of national decorations, appointments of government managerial officials, diplomatic credentials, and important diplomatic papers. (Information courtesy of the Korean Overseas Information Service.)



Local color

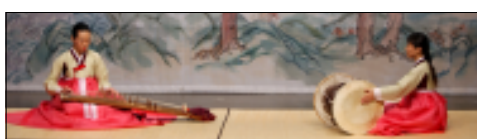
Wolf Pack members learn Korean customs



Staff Sgt. Michelle Yourdon, 8th Operations Support Squadron, and Senior Airman Latasha Mills, 8th Logistics Readiness Squadron, assist to Staff Sgt. Brenda Oquendo, 8th Communications Squadron, for a mock traditional-style Korean wedding Wednesday during the Jeonju Traditional Culture Center tour. Wolf Pack members learn to play Korean instruments, make a traditional meal and watch a classical art performance. The next tour is Wednesday to sign up, contact Mrs. Rosemary Song at 782-5194 or via e-mail at songae.song@kunsan.af.mil.



Wolf Pack members receive a small class about how to play a JangGu traditional drum.



The Gayagum, a lap harp, and the JangGu traditional drum are often played in duet concerts, as during the tour.



The JangGu, traditional drum, may seem easy to play but takes a lifetime to master with daily practice.



Senior Airman Etienne Els, 8th Civil Engineer Squadron, and Staff Sgt. Brenda Oquendo, 8th Communications Squadron, pose as a groom and bride for a mock traditional-style Korean wedding during the tour.



A performer sings a song from *Chun, Yanaga*, the Korean story of *Romeo and Juliet*.

It's Da-Nickerized Zone

Juvats take 2005 football season 20-13

By Airman 1st Class Stephen Collier
8th Fighter Wing public affairs

A late game interception by Juvat receiver Nick Idhe ended any hope of the 8th Operations Support Squadron Wizards winning the 2005 intramural football championship.

The Juvats started strong with an aggressive offense bent on winning. A close-in catch put Juvat receiver Wyck "Slammer" Furcon in the end zone for the team's first down, followed by the extra point.

But the Wizards weren't going to go without a fight. A quick toss by quarterback Daniel Terhardt landed into the steady hands of Joshua Martin for a Wizard touchdown. With a successful extra point soon after, the score was tied at 7.

Strong defense on both teams kept the score from changing until halftime.

On hand for the big event was 8th Operations Group commander Col. Eric Best, or "Viper."

"We all win in the long run," Col. Best mentioned. "Besides, this is an all operations group final game."

The Juvats returned the ball once more, but a quick Wizards' interception put the ball back in their hands. Terhardt inched his team closer when he connected with Martin for another touchdown. A block kept the Wizards from the extra point, settling the score at 13-7.

The Wizards kicked off once more, but a surprise 75-yard run by Juvats receiver George "Frag" Collings put up another touchdown, and later, another extra point, on the board for the F-16 pilots. Juvats led 14-13.

Both teams continued to battle it out in the cold, but the Juvats recovered the ball once more. Idhe caught the ball for another Juvat's touchdown, making the game 20-13 with the extra point deflected by the Wizards' defense.

Less than three minutes remained on the clock, putting the Wizards in a tight spot. With the snap on their 20-yard line, quarterback Terhardt ran the ball for 35 yards with a lateral to Link Collier.

With less than two yards to go for a first down, Juvat defender Idhe leaped into the air for an interception.

With only seconds remaining, the Juvats ran the clock out, giving the National League title winners the 2005 intramural football championship title as well.



Photo by Staff Sgt. Raymond Mills

Juvat receiver Zach Johnson rockets past Wizard defender Mark Whipple Friday night during the 2005 intramural football championship. The Juvats defeated the Wizards 20-13.

Big names for the Wizards includes Joshua Martin with two touchdowns and the Juvat's

Nick Idhe with two big, game-winning interceptions.



Photo by Staff Sgt. Raymond Mills

THE POWER OF A WOMAN

Capt. Jennifer Todd (right) and 1st Lt. Joseph Patterson, both assigned to the 8th Security Forces Squadron, practice Hapkido Monday. The martial art is offered at 8 a.m. and 6:30 p.m. Monday through Friday at the fitness center.

Check out these exciting ways to get Fit to Fight at your fitness center

AB ATTACK

Monday through Friday — 5 p.m.

CARDIO WEIGHT TRAINING

Wednesday — 5:30 p.m.

CIRCUIT TRAINING

Tuesday and Thursday — 5:30 p.m.

KICKBOXING

Friday — 5:30 p.m.

Saturday — 9 a.m.

SPIN CLASS

Monday through Friday — 5:30 a.m.

Monday through Friday — 6 p.m.

Register your fitness points in ...

Fitlinxx

TODAY

Karaoke night — The Falcon Community Center’s karaoke night runs from 8 p.m. to 2 p.m.
Club events — The Loring Club’s super social hour starts at 6 p.m.

SATURDAY

Chicken Miami served — The Loring Club will be serving the dish between 5:30 and 8:30 p.m. Prices are \$8.95 for club members and \$9.95 for non-club members.

SUNDAY

Bingo day — Bingo action starts at 2 p.m. at the Loring Club with the early bird game beginning at 1:45 p.m.
Sunday brunch — The Loring Club serves Sunday brunch from 10:30 a.m. to 1 p.m.
Dollar days — People can bowl for \$1 per game with 75-cent shoe rental at the Yellow Sea Bowling Center.
Spades tourney — The Falcon Community Center’s spades tournament begins at 4 p.m.

MONDAY

Pool tourney — The Loring Club’s nine-ball pool tournament starts at 7 p.m.
Pizza special — The Loring Club serves 50-cent pizza slices from 6 to 8 p.m.
Yellow Sea Bowling Center — Bowl for 50 cents per game with 50-cent shoe rental from 11 a.m. to 11 p.m.

You’re invited!

The mayor of Kunsan City has invited members of the Wolf Pack to the International Migratory Bird Festival Ceremony.

WHEN: THURSDAY
UNIFORM OF THE DAY: BLUES

For those interested in attending this event, contact Mrs. Rosemary Song before close of business Monday at 782-5194 or via e-mail at songae.song@kunsan.af.mil.

CHAPEL SERVICES

CATHOLIC SERVICES
Daily Mass — 11:30 a.m. Monday through Thursday
Weekend Mass — 9 a.m. and 8 p.m. Sundays
Reconciliation — Weekdays by appointment, 4:30 p.m. Saturday, 8 a.m. Sunday
R.C.I.A. classes — 7 p.m. Wednesday, chapel conference room
PROTESTANT SERVICES
General worship — 11 a.m. Sunday
Contemporary praise and worship — 6 p.m. Sunday
Gospel service — 1 p.m. Sunday
Inspirational praise and worship service — 7:30 p.m. Friday
LATTER-DAY SAINTS SERVICES
Weekly service — 3:30 p.m. Sunday
CHURCH OF CHRIST SERVICES
Weekly service — 1:30 p.m. Sunday, Sonlight Inn
SONLIGHT INN HOURS
6 to 10 p.m. Tuesday through Thursday, 6 p.m. to midnight Friday, 4 p.m. to midnight Saturday and holidays.

TUESDAY

Football frenzy — The Loring Club’s football frenzy begins at 7 p.m.
Circuit training — The fitness center hosts circuit training and step aerobics courses at 5:30 p.m. Contact the center at 782-4026 for more information.
Yellow Sea Bowling Center — Ladies bowl for free starting at 6:30 p.m.

WEDNESDAY

Social time — The Loring Club’s super social hour begins at 6 p.m.
Reunion briefing — The Airmen support center’s return and reunion briefing starts at 3 p.m. in the Health and Wellness Center classroom at the Wolf Pack Fitness Center. This mandatory briefing addresses challenges facing single and married military members preparing to return to their families.
Yellow Sea Bowling Center — Bowl for 75 cents per game.
Karaoke night — The Falcon Community Center’s karaoke night runs from 8 p.m. to midnight.

THURSDAY

Korean language class — The Airmen support center’s basic Korean language class runs from 5 - 7 p.m. at Bldg. 755, room 215. This class includes reading and writing the Korean alphabet as well as basic travel expressions for shopping, dining and using off-base transportation. To register, call 782-5644 or 782-5627.
Orphanage visit — The Airmen’s support center’s weekly Korean orphanage outing leaves the military personnel flight parking lot at 6:15 p.m. The weekly outings give base people a chance to interact with local Korean orphans. To register, call 782-3772.
Foosball tourney — The Falcon Community Center’s foosball tournament begins at 7 p.m.
Dollar day — Bowl for \$1 per game at the Yellow Sea Bowling Center.

UP ‘N’ COMING

Transition assistance workshop — The Airmen support center holds its next three-day transition assistance program workshop Feb. 21 to 23. The workshop helps prepare military members and their families to transition to civilian life. Topics include transferring skills to civilian jobs, job search strategies, resume writing, interview procedures and veterans’ benefits. Reservations are required. For details, call the center at 782-5644.
Bird observation tour — The Airmen support center hosts a migratory bird watch at the Geumgang Bird Park Dec. 3. Registration required. Call the ASC at 728-5644 for details.

To submit events for 7-Days, send an e-mail to WolfPack@kunsan.af.mil. Submissions are due by noon Thursday one week prior to publication and must include time, date and location or the event and the contact’s daytime phone number. For more information, call 782-4705.

AT THE MOVIES

“DREAMER: INSPIRED BY A TRUE STORY”

Rating: PG
Staring: Kurt Russell and Dakota Fanning
Synopsis: Ben was once a great horseman, whose gifts as a trainer were now being wasted on making other men’s fortunes. Sonya was a great horse whose promising future on the racetrack was suddenly cut short by a career-ending broken leg. Considered as good as dead to her owner, who also happens to be Ben’s boss, Sonya is given to Ben as severance pay, along with his walking papers. Now, it will take the unwavering faith and determination of Ben’s young daughter, Cale, to bring these two damaged souls together in a quest for a seemingly impossible goal: to win the Breeders’ Cup Classic.
Show times: 7 and 9:30 p.m. today and Saturday

“FLIGHTPLAN”

Rating: PG-13 for violence and intense plot material
Staring: Jodie Foster and Peter Sarsgaard
Synopsis: Flying at 40,000 feet in a cavernous, state-of-the-art E-474 aircraft, Kyle faces every mother’s worst nightmare when her six-year-old daughter, Julia, vanishes without a trace mid-flight from Berlin to New York. Already emotionally devastated by the unexpected death of her husband, Kyle desperately struggles to prove her sanity to the disbelieving crew and passengers while facing the very real possibility that she may be losing her mind.
Show times: 6 and 8:30 p.m. Sunday

Free Meal Friday

AT THE SONLIGHT INN!

TONIGHT’S DINNER:
Tacos, quesadillas, rice, salsa, chips and tres leches cake.

THIS WEEK’S DINNER IS SPONSORED BY THE LOS LOBOS HISPANIC HERITAGE GROUP

Also available are movies, board games, video games and a coffee house. Call the chapel at 572-4300 for more information.

WOLF PACK WHEELS SCHEDULE INCHEON INTERNATIONAL AIRPORT SHUTTLE

Available daily — Leaves Kunsan at 3:30 a.m. and 2 and 6:30 p.m. and leaves Incheon at 8:30 a.m. and 7:30 and 11:30 p.m. from Gate 11 at the airport. One-way tickets are \$27.50 or \$25 for Airman morale program members.
OSAN AIR BASE SHUTTLE
Monday to Thursday — Leaves Kunsan at 7:30 a.m. and 1 p.m. Leaves Osan at noon and 6 p.m.
Friday — Leaves Kunsan at 7:30 a.m. and 1 and 6 p.m. Leaves Osan at noon and 10 p.m.
Saturday — Leaves Kunsan at 7:30 and 10 a.m. Leaves Osan at noon and 4 p.m.
Sunday — Leaves Kunsan at 7:30 a.m. and noon. Leaves Osan at noon and 5 p.m. One-way tickets are \$12.50 for general Wolf Pack members or \$11.50 for Airman morale program members. Round trip tickets are \$25 or \$23 for Airman morale program members.
E-MART SHUTTLE
Saturday and Sunday — Leaves Kunsan at 10 a.m., noon and 2, 4 and 6 p.m. and leaves the E-Mart at 11 a.m. and 1, 3, 5 and 6:30 p.m. Round trip tickets are \$5.
DOWNTOWN SHUTTLE
Fridays and Saturdays — Leaves base at 7 and 8 p.m. and leaves downtown Kunsan City at 11 p.m. and midnight. One-way tickets are \$3, and round-trip fare is \$5.



Photo by Senior Airman Joshua DeMotts

GETTING SOMETHING BACK

Staff Sgt. Edward Piercy, 8th Aircraft Maintenance Squadron, receives a check for \$1,000 to use toward the purchase of an airline ticket as part of customer appreciation week within the 8th Services Squadron. The other winners include: Ms. Barbara Mongar, 8th Mission Support Squadron; Senior Master Sgt. Glenn Zimmerman, 8th SVS; Airman Joshua Montgomery, 8th SVS; Mr. Mun, Yong Chu, 8th Comptroller Squadron and Maj. Bonnie Stiffler, 8th Medical Group.

S N A C E P U M P K I N P I E K F T
P M I B C P E C G S T A R C H C A N D Y
I O Y C O R N S T A R C H C A N D Y
L O E I G I E T O S C O R N U A L
G F T O F N H A P N C A T R I
R O F F E U A H I P N L Y R A M
I O U C R P I B I E T A V P A
M T A S M U R N E B K I L E C F
S B D A O I G R R S M L R S N A G C
V A W M E R O I E K O U Q A M S E
Y L Y N R Y O C V K O T O P A I E S
I L D E S S E O T A T O P A K R S M
P S N A E B N E E T R G B Y N N O
A Z U V S W E E T P O T A D U G A N S
Y C E H S O O S E L B O G A N N
E L B O G E B O G A N N
T M H S A U Q S C O T A S H N

Thanksgiving word find

The following words are associated with the Thanksgiving Day holiday.
Some are fun and some are historical references, this is **The Wolf Pack Warrior** Staff's way of wishing everyone a happy holiday.
Algonkian language
Corn

Cornstarch candy
Cranberry sauce
Family
Football
Franklin Roosevelt
Friends
Greenbean
Gobble Gobble
Harvest
Native Americans
November
Parade
Pecans
Pilgrims

Plymouth
Potatoes
Pumpkin pie
Seneca
Shopping frenzy
Stuffing
Succotash
Squash
Sweet potato
Tisquantum
Thursday
Turkey
Wampanoag

